

COVID 19 STVHCS Resources

For general financial concerns due to loss of employment or inability to attend work due to childcare needs, directly contact your financial institution, landlord or utility company. Many are waiving fees and termination of service due to the current state of emergency.

ANIMALS

San Antonio Animal Care Services - ACS is strongly encouraging residents to reconsider surrendering any pets to the shelter during this difficult time. Owner surrenders will only be done on a limited basis based on capacity and residents may email acsintake@sanantonio.gov for further information. Residents who find roaming animals should call 3-1-1 or use the 311SA app.

BANKING: Contact your banking institution/mortgage company/car payment as assistance may be in place. Below is information from commonly used banks in STVHCS.

<https://www.chase.com/digital/resources/coronavirus>

<https://www.credithuman.com/coronavirus>

<https://communities.usaa.com/t5/USAA-News/How-USAA-is-Responding-to-Concerns-about-Coronavirus-COVID-19/ba-p/226066>

<https://www.wellsfargo.com/jump/enterprise/coronavirus-response>

CHILD CARE:

Employees can call 211 and ask for emergency COVID childcare and the city of San Antonio has diverted a resource strictly for COVID 19 and healthcare workers impacted by that. The capacity depends on the agencies' budget.

General listing of resources for Child and Child Respite Care for City of San Antonio

<https://cap4kids.org/sanantonio/child-care-respite-care/>

<https://info.childcareaware.org/coronavirus-updates>

<https://www.childcareaware.org/state/texas/>


City of San Antonio Emergency Child Services: Application process based on city website info (need to meet criteria) and must be a resident of city of San Antonio. **210-230-6343**

Texas Workforce Commission: COVID-19 Resources Child Care, <https://www.twc.texas.gov/news/covid-19-resources-child-care>

Nanny Poppinz: Professional nanny and childcare referral agency

<https://www.nannypoppinz.com/>

DeeDee Pubien

210-775-2185 

[Contact Us](#)

20770 Highway 281 North #108429

San Antonio

TX 78258

**** PLEASE SEE SEPARATE DOCUMENT WITH ALL IDENTIFIED CHILD CARE OPTIONS****

Military and DOD families

<https://www.childcareaware.org/fee-assistancerespite/>

Joint Base San Antonio

<https://www.jbsa.mil/Information/CDC-Novel-Coronavirus-Response-Support/>

Time Out Sitters: Requires a registration fee but has flexible options for babysitting.

<http://timeoutsitters.com/>

Baby Sitter registry: Victoria, TX (can search other areas as well)

<https://www.care.com/babysitters/victoria-tx>

Baby Sitters Registry: type in your location

<https://www.babysittersregistry.com/>

VA Child Care Subsidy Program Brochure



CCSP Brochure 2020
01032020.pdf

FACE BOOK OPTIONS: below is a list of current groups, you can also do a search in FB for your area. You will have to request to join the groups. You may also be able to search in a local neighborhood group on Facebook.

[San Antonio Babysitters](#)

[Babysitters and Childcare in San Antonio](#)

[Childcare and Babysitters in San Antonio and Surrounding areas](#)

[Kerrville Babysitting \(for parents on a budget\)](#)

CHILD CUSTODY: Reach out to your attorney for specific questions. However, Bexar County Civil District Court judges are enforcing the Standard Possession order for Spring Break pursuant to the originally published school calendars.

EMERGENCY FINANCIAL ASSISTANCE: The City of San Antonio's Neighborhood and Housing Services Dept. is now accepting emergency rental, mortgage, and utility assistance referrals for individuals or families that require financial assistance during this COVID-19 pandemic. Families can apply for rental, mortgage, and utility assistance online. The Fair Housing phone line, (210) 207-5910, is open from 8 a.m. – 8 p.m.

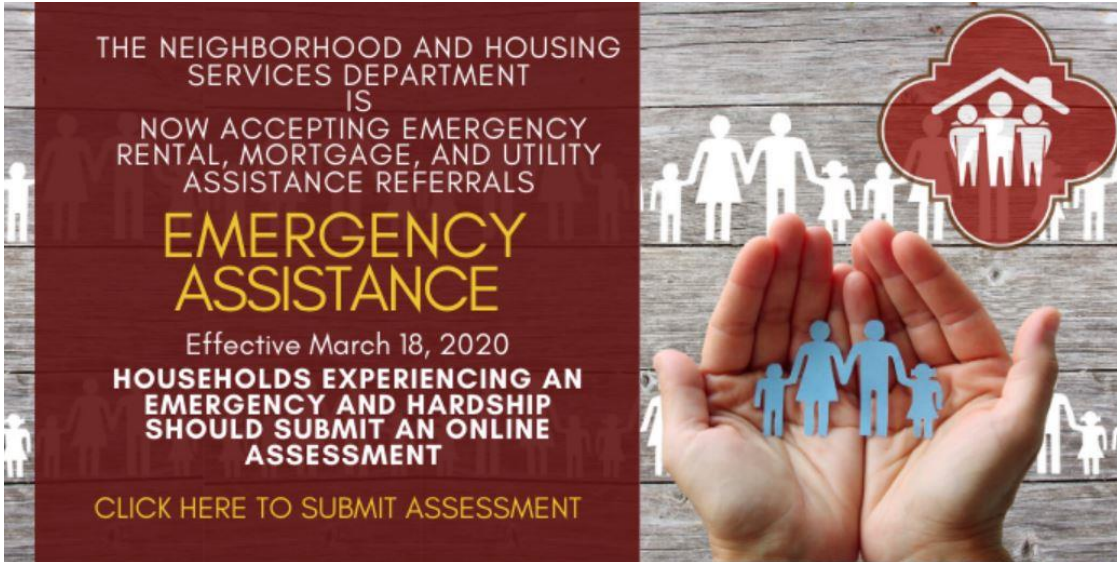
1st and easiest way to apply:

Updated 4/7/2020

Visit <https://www.sanantonio.gov/NHSD/Programs/FairHousing> then click the "Request Assistance" button on that page.

2nd way to apply for rental, mortgage/utilities:

1. Visit <https://www.sanantonio.gov/NHSD>
2. Once there, select the banner shown below for the assessment:



3. Complete the assessment and press submit.

EMPLOYMENT: Some employers are hiring due to demand for stocking/delivery work.

VA South Texas Veterans Health Care System- Virtual Career Fair Monday April 13th through Friday April 17th. Open to all interested candidates. Application package needs to include resume, DD 214 if applicable, VA disability letter if applicable to STXVAJobs@va.gov. Questions 210-617-5300. See brochure or Facebook for more information.

Flexjobs- Remote work from home jobs that are full-time and part-time, employee and freelance jobs, on-site jobs including flexible and alternative schedules. <https://www.flexjobs.com/>

Dominos is reported to be hiring during the pandemic:

<https://jobs.dominos.com/dominos-careers/>

H-E-B is hiring short term positions for bagging, check-out and stocking. <https://newsroom.heb.com/>
https://heb.taleo.net/careersection/ex-hourly_stores_temps/jobsearch.ftl?lang=en&portal=136200028688

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San Antonio State Hospital: Has reportedly increased hiring due to the pandemic.

https://jobshrportal.hhsc.state.tx.us/ENG/careerportal/Job_List.cfm?szSearchType=Advanced

TEXAS WORKFORCE COMMISSION: workers with reduced hours may be eligible for unemployment

<https://twc.texas.gov/news/recent-press-releases>

Updated 4/7/2020

Amazon- Hiring shoppers, warehouse, delivery driver. Start as soon as 7 days, no resume or previous work experience required. Includes added \$2/hr through April

Big Spring State Hospital is hosting a virtual job fair starting at 10:00 am on Wednesday April 8th <https://www.facebook.com/events/s/virtual-hiring-fair/3878635902154220/>. For more information call Big Spring State Hospital at hhs.texas.gov/healthcareers

ENTERTAINMENT AND NEWS:

News publications removed paywalls:

- The New York Times
- The Wall Street Journal
- The Washington Post
- The Los Angeles Times
- The Guardian
- AP News
- The Athletic

Sling TV- is offering FREE 14 day access to a variety of news channels, shows and movies during COVID-19 outbreak. No paid SLING TV account required

Filmmaker Gary Hustwit is streaming his documentaries free worldwide during the global COVID-19 crisis. Each Tuesday he posts another film <https://www.hustwit.com/>

FITNESS AND WELLNESS:

Nike Training Club – Nike has made all of its Nike Training Club Premium workouts free until further notice

CARROT Fit – Collection of 7 minute workouts. App is now available as a FREE download

Dark Noise- Library of different noises such as campfires, thunder, white noise, and much more. Dark Noise TestFlight beta is for free

Headspace- Guided mediation app is FREE. Headspace Plus by visiting <https://www.headspace.com/health-covid-19> and enroll using their National Provider Identifier (NPI).

FOOD:

Food Insecurity- Our crosscutting Food Insecurity Steering Committee has created a single location for Food Insecurity webpages and resources at the national level, and located it on the NFS webpage here:

https://www.nutrition.va.gov/Food_Insecurity.asp

HEB: Free food delivery for seniors via FAVOR. 9am-1pm daily

<https://blog.favordelivery.com/h-e-b-and-favor-team-up-to-support-seniors-61f4ab4ad3ac?gi=678742adba4f>

1-833-397-0080

Kerrville: Drive-through services

Mustard Seed Ministries, 610 Methodist Encampment Road, distributes food 1-3 p.m. on Mondays.

Christian Assistance Ministry, 521 Barnett St, 2-4 p.m. Monday-Friday.

St. Vincent de Paul, 1145 Broadway, distributes food from 2-4 p.m. on Monday, 7-9 p.m. on Wednesday and 9-11 a.m. on Saturday.

Doyle School Community Center, 110 W Barnett St., distributes food from 9 a.m. to 1 p.m. weekdays.

Mondays

CAM (Christian Assistance Ministry) 521 Barnett 830 257-4222
2:00-6:00 p.m. (residents can only receive food one time every two weeks.)

St Vincent de Paul 1145 Broadway 830 896-6898
2:00-4:00 p.m. (limited financial assistance available)

Tuesdays

CAM (Christian Assistance Ministry) 521 Barnett 830 257-4222
2:00-4:00 p.m. (residents can only receive food one time every two weeks)

2nd Tues of the month– First United Meth. Church 321 Thompson Drive 830 257-0800

Wednesdays

CAM (Christian Assistance Ministry) 521 Barnett 830 257-4222
2:00-4:00 p.m. (residents can only receive food one time every two weeks)

Hill Country Veterans Center 411 Meadowview Lane 830 315-3101
Veterans only - must register yearly – can only request food one time every four weeks
2:00-4:00 p.m.

St Vincent de Paul 1145 Broadway 830 896-6898
7:00-9:00 p.m. (limited financial assistance available)

Thursdays

CAM (Christian Assistance Ministry) 521 Barnett 830 257-4222
2:00-4:00 p.m. (residents can only receive food one time every two weeks)

Fridays

CAM (Christian Assistance Ministry) 521 Barnett 830 257-4222
2:00-4:00 p.m. (residents can only receive food one time every two weeks)

Saturdays

St Vincent de Paul 1145 Broadway 830 896-6898
9:00-11:00 a.m. (limited financial assistance available)

School age children: For school age children (age 18 and younger), many school districts have a plan in place to provide food during the cancellation of school. You can contact your school directly to request information. The below link was updated on 3/16/20 and includes information on school districts from Alamo Heights, Bandera, Boerne, Comal, East Central, Edgewood, Harlandale, IDEA Public Schools, Judson, La Vernia, Medina Valley, New Braunfels, North East, Northside, Pleasanton, San Antonio, Universal City, Somerset, South San Antonio, Southside, and Southwest.

<https://www.mysanantonio.com/news/local/article/San-Antonio-schools-offering-free-meals-15134346.php>

San Antonio Food Bank: 14 day food supply and coronavirus preparedness kit. Mobile distributions, call daily for updated location 210-431-8326 and register online <https://safoodbank.org/cvresponse/getfood/>

San Antonio Food Bank Kids Meals: Parks and Recreation have partnered with the Food Bank to provide children free meals this week (3/30-4/3) at selected community centers throughout San Antonio. Call 210-431-8326 for additional information.

Be A Champion- Free grab & go meals at Any Baby Can 217 Howard St., San Antonio, TX 78212, children must be present. Mondays and Fridays Starting April 3, 11am-1pm. More information 281-833-3129

Department of Human Services Senior Center Seniors- needing a meal or food bank commodities can contact the nearest center:

West End Park Senior Center - 210.207.1720
District 2 Senior Center - 210.207.5390
South Side Lions Senior Center - 210.207.1760
Willie Cortez Senior Center - 210.207.5295
District 5 Senior Center - 210.207.5270
Normoyle Senior Center - 210.207.5650
Alicia Treviño Lopez Senior Center - 210.558.0178
Doris Griffin Senior Center - 210.780.7444
Bob Ross Senior Center - 210.207.5300
Northeast Senior Center - 210.207.4590

PRESA Transportation Coalition – Grocery curbside pick-up rides to any elderly or disabled person, between the hours of 8 a.m. and 3 p.m., Monday – Friday. Once you have scheduled your grocery pick-up time, you may then contact PRESA Transportation Coalition at 210-532-5554 to schedule your pick-up ride.

Meals on Wheels: May be a disruption in regular services but provide emergency boxes with the equivalent of 4 days' worth of food. <https://www.mowsatx.org/coronavirus>.

Meals on Wheels in Victoria: No meals in the dining hall but meals are available for curbside pick up and home delivery of meals will continue as normal.

Updated 4/7/2020

Meals for Vets: No changes or updates on ability to assist Veterans, but protocol on college campuses may change due to closures. Resource is available for Veterans under the age of 60, who served honorable, and are struggling financially. This resource is available throughout Texas. <https://www.mealsforvets.org/>

Christ's Kitchen (Victoria): serving to-go plates from 11 a.m. to 1 p.m. outside. The building will be closed to the public until further notice. They will be serving one healthy plate per person with no second servings.

The Little Free Pantry:

- 820 Adler Rd, Boerne, TX 78006 (This Little Free Pantry is stocked by Our Savior Lutheran in Boerne. It's a larger sized pantry just outside the Boerne YMCA.) Jessica Clark (zitposh@hotmail.com)
- 3200 West Loop 1604 South, San Antonio, TX 78245 (Look inside the bench by the front door. Lift the seat.)

Costco- All 3 locations in San Antonio are honoring special hours for seniors members 60 years and older only. Every Tuesday and Thursday 8-9 a.m.

Dollar General- San Antonio locations offer senior only hour 8-9am until further notice

Trader Joe's- Between 9-10 a.m. daily the store only allows 30-40 customers in the store at once. Seniors are checked out in a separate line

Walmart- Shopping is exclusive to seniors from 6 -7 a.m. every Tuesday through April 28 before stores are open to the public

Imperfect Foods- Grocery delivery including organic and regular boxes. Offer 'Reduced Cost Box' for individuals who meet the income qualifications for SNAP

New Braunfels Farmers Market- Fresh produce groceries only, one stand sells homemade hand sanitizer; Saturdays 9 a.m.- 1 p.m., 186 S Castell Ave, New Braunfels, TX 78130

Huebner Oaks Market -11745 West Interstate 10, San Antonio, Saturday, 10am

La Gloria Grocery Market– 100 E Grayson St., San Antonio, TX 78215. Open to general public: **12:00-17:00 daily**; Open to medical professionals and first responders with medical ID:**18:00-21:00 daily**

Alternative groceries:

EVO Entertainment Group: This chain of entertainment complexes has launched a market selling butter, eggs, milk, ground beef and more, plus packaged meal kits and more for online order and curbside pickup or delivery. 18658 Interstate 35 N. in Schertz, 210-764-6986, evo-entertainment.com

Food Related: The San Antonio-based food wholesaler has added online ordering and curbside pickup of a wide range of staples at its Schertz warehouse. 17401 Triton, www.FoodRelated.com

Updated 4/7/2020

Restaurant Depot: This wholesale retail store is normally only open to members from the food and beverage industry. It has temporarily opened their doors to the public during the coronavirus outbreak. 3333 Fredericksburg Road, 210-736-3361, restaurantdepot.com

San Antonio Food2Go- Discover restaurants around San Antonio that offer to-go food, delivery, curbside and takeout. <https://safood2go.com/>

Restaurants:

Big Lou's Pizza: Bodega stocked with meat, produce, bread, rice, beans, toilet paper and more 11 a.m.-5 p.m. Tuesday through Saturday, noon-5 p.m. Sunday. 2048 S. WW White Rd., 210-337-0707, biglouispizza-satx.com

Bill Miller Bar-B-Q: Up to 12 rolls of toilet paper per customer and half-gallons of milk available at all locations while supplies last. Multiple locations, billmillerbbq.com

Botika: Boxes of beef, chicken, eggs, cheese, butter, tortillas, fresh produce, pasta, toilet paper, milk and more for delivery or pickup, \$65. 303 Pearl Pkwy., 210-670-7684, botikapearl.com

Candlelight Coffeehouse: Milk, eggs, meat, poultry, pasta, rice, beans, coffee, bread, toilet paper, wine, beer and more. Supplies also available for delivery through Grubhub, Favor, DoorDash, Postmates and Uber Eats. 3011 N. St. Mary's St., 210-738-0099, candlelightsatx.com

Cheesy Jane's: Dairy, eggs, meat, poultry, fruit, vegetables, toilet paper, laundry detergent and more available 11 a.m.-9 p.m. daily. 4200 Broadway St., 210-826-0800, cheesyjanes.com

Cookhouse Restaurant: New website provides options to buy meal kits with ingredients and recipes. Also sells grocery kits with meat, dairy and produce. Live instructional videos from the staff are scheduled throughout the week. 720 E. Mistletoe Ave., 210-320-8211, cookhouseathome.com

The County Line: Curbside marketplace stocked with toilet paper, sugar, flour, eggs, bacon, milk and more available daily. 10101 Interstate 10 Frontage Road, 210-641-1998, countyline.com

Earl Abel's: Grocery packages of milk, butter, flour, sugar, eggs, meats, toilet paper and more starting at \$30. 1639 Broadway, 210-444-9424, earlabelssa.com

Fratello's Italian Market & Deli: Meatballs, marinara sauce, beans, rice, milk, eggs, butter, deli meats, ground beef and more for takeout by phone order. Two locations: 2503 Broadway, 210-444-0277; 115 Plaza de Armas, Suite 107, 210-963-8430, fratellosdeli.com

Frutería-Botanero: Toilet paper, fresh meat, beans, rice and other staples 12-5 p.m. daily. 1401 S. Flores St., 210-251-3104, thefruteria.com

Grayze: Order online and pick up packages of milk, eggs, beans, rice, bacon, coffee, toilet paper, sanitizing wipes and more for \$35. 521 E. Grayson St., 210-481-8776, grayzeongrayson.com

Hearthstone Bakery Cafe: Steaks, eggs, pasta, flour, milk and more for curbside pickup with order by phone. 4212 McCullough Ave., 210-826- 5668, hearthstonebakerycafe.com

Updated 4/7/2020

J-Prime Steakhouse: Selling packages of fresh produce for \$20 as an add-on option to to-go orders with delivery via UberEats. 1401 N. Loop 1604 W., 210-764-1604, jprimesteakhouse.com

Jason's Deli: Meat, cheese, fresh produce, eggs, bread and more in addition to family meal packages of prepared food at all locations 7 a.m.-9 p.m. daily. jasonsdeli.com

Jet-Setter: Eggs, milk, fresh produce, pasta and more 2-7 p.m. Monday-Friday. 229 E. Houston St., 210-272-0457, jet-settersa.com

Julian's Italian Pizzeria & Kitchen: Eggs, butter, bread, toilet paper, bleach, soy milk, paper towels and more for curbside pickup. 17230 Bulverde Road, Suite 110, 210-267-1223, julianspizzeria.com

La Gloria: Toilet paper, fresh meat, beans, rice and other staples 12-5 p.m. daily. 100 E. Grayson St. in Pearl, 210-267-9040, lagloria.com

La Panadería: Selling baskets of bread, eggs, beans, milk, sanitizing wipes, a concha and more for \$25. Two locations: 301 E. Houston St., 210-592-6264; 8305 Broadway, 210-375-6746, lapanaderia.com

Larder: Dairy, eggs, produce, meat, breads, prepared foods, sauces and more available for pickup at the store or Hotel Emma valet. 136 E. Grayson St. in Pearl, 210-448-8355, larderatemma.com

Luby's: Grocery kits containing a box of protective gloves, toilet paper, paper towels, bottled water, dinner rolls, eggs and milk for \$15 available for pickup at all locations while supplies last. lubys.com

Marioli Mexican Cuisine: Large pantry boxes delivered with 5 pounds of beef, 5 pounds of chicken, 30 eggs, rice, beans and much more starting at \$100. Details updated regularly at Facebook: [@Mariolicuisine](https://www.facebook.com/Mariolicuisine). 18730 Tuscany Stone, 210-496-1111, mariolicuisine.com

Mi Tierra: Eggs, beans, bottled water, toilet paper, prepared food from its kitchen and more 10 a.m.-6 p.m. daily. 218 Produce Row, 210-225-1262, mitierracafe.com

Mina & Dimi's Greekhouse: Eggs, butter, cheese, bread, beans, potatoes, onions, bacon, pasta, meatballs, bottled water, toilet paper are available in addition to curbside pickup of the restaurant's menu 11 a.m. to 8 p.m. Monday through Saturday. 7159 W. U.S. 90, 210-674-3464, agreekhouse.com

Picnikins Cafe & Catering: Online ordering for home grocery delivery (starting at \$6) of fresh meat, produce and toilet paper in the San Antonio area. picnikins.com

The Rustic: Menu packages of fresh meats, poultry and seafood along with a bag of vegetables, fruit and butter for \$65 available for takeout when ordered by phone 11 a.m.-8 p.m. daily. 17619 La Cantera Parkway, Suite 204, 210-245-7500, therustic.com

Saltgrass Steak House: All locations are taking phone orders for cut steaks, seafood, poultry, dairy, produce and more for pickup. For the complete list of locations visit saltgrass.com.

Sangria on the Burg: "Quarantine packages" of milk, beans, eggs, rice and toilet paper, \$25 during normal business hours. 5115 Fredericksburg Road, 210-265-3763, sangriaontheburg.com

Still Golden Social House: Orders of rice, beans, meat, produce and more available for free pickup of \$4 delivery in a 5-mile radius. Also delivering beer, wine and cocktail kits. Details at Facebook: [@StillGoldenSH](https://www.facebook.com/StillGoldenSH). 1900 Broadway, 210-616-2212, stillgoldensa.com

Updated 4/7/2020

Stone Werks: Grocery kits of ground beef, chicken breast, milk, butter, produce, eggs, wine and more for \$50 while supplies last. Multiple locations, visit stonewerks.com for details.

Suck It The Restaurant: Rice, toilet paper and a range of Asian groceries and snack foods. 7220 Louis Pasteur Drive, Suite 125, 210-560-2113, suckitsanantonio.com

Teka Molino: Beef, eggs, milk, bread, toilet paper sold individually and meal kits containing enchiladas, refried beans, rice, salsa, tortillas, margarita mixes and more for \$115. 7231 San Pedro Ave., 210-344-7281, Facebook: [@TekaMolino](https://www.facebook.com/TekaMolino)

Tenko Ramen: Zucchini, apples, onions, eggs, lettuce, teas and more available for pickup or delivery with online order. 312 Pearl Pkwy., Bldg. 6, 210-267-2996, tenkotoqo.com

Whiskey Cake: "Survival kits" of beef, chicken, dairy products, fresh vegetables, eggs and more that changes daily. Check Facebook: [@WhiskeyCakeSa](https://www.facebook.com/WhiskeyCakeSa) for daily kit details. Pickup from car in line that forms at 11 a.m. 15900 La Cantera Parkway, Suite 21200, 210-236-8095, whiskeycake.com

The Winchester: Selling grocery packages with meat, dairy, eggs, produce for \$55 with optional add-on items. Exact items updated daily at Facebook: [@thewinchester78209](https://www.facebook.com/thewinchester78209). 5148 Broadway St., 210-721-7762, thewinchestersanantonio.com

GENERAL ASSISTANCE: The following resources regularly provide assistance to Veterans who are in need of general resources (employment, furniture, rental deposits, etc.).

American GI Forum:

210-354-4892

210-233-8508

Catholic Charities

<https://ccaosa.org/>

Endeavors San Antonio: Many staff are working from home. Call the main business line: 210-431-6466.

<https://www.endeavors.org/covid-19-response/>

<https://www.endeavors.org/locations/san-antonio/>

SAM Ministries:

<https://www.samm.org/get-help/>

TX SERVES San Antonio: coordinated network of public, private and nonprofit organizations serving veterans, service members and their families in San Antonio, and Bexar County

1-888-724-8387

TXserves.org

United Way/211: financial and rental assistance

<https://ccaosa.org/>

HOUSING (SECTION 8 AND PUBLIC HOUSING): Please review the guidance below for the housing authorities located in Bexar County. If you are enrolled in the HUD-VASH program, please reach out to your case manager.

San Antonio Housing Authority: <https://saha.org/coronavirus/>

Offices are closed to face to face appointments. Please call or e-mail the housing authority for urgent concerns: 210-477-6999.

Public Housing:

Effective Monday, March 16, and until further notice, SAHA's Executive Leadership Team will implement the following precautions to protect its residents:

- Suspension of Notices to Vacate and lease violations
- Suspension of evictions for non-criminal activity
- Suspension of transfers, move-ins, move-outs
- Suspension of routine work orders
- Suspension of housekeeping inspections
- Suspension of food distributions
- Suspension of late fees
- Suspension of all resident activities to include Resident Council and Youth Activities
- Closure of all property management offices and community rooms; residents should email or call
- For residents at elderly communities, Metro Health will allow food to be taken into their units
- Emergency work orders will require additional troubleshooting via phone calls
- Existing repayment agreements will be extended
- Recertification deadlines will be extended
- Rent payments should be made either online or by mail
- Visitors for social purposes, especially at elderly properties, are discouraged; Medically-related visitors and caregivers may continue to visit residents
- Pest control services will be conducted on the exterior of buildings and common areas
- Pest control services will temporarily be suspended in residents units

Residents are encouraged to call SAHA's Resident Hotline at 210.477.6999 for the latest information, visit SAHA's website at saha.org/coronavirus, or follow SAHA's Facebook and Twitter accounts.

Section 8

Effective Monday, March 16, and until further notice, SAHA's Executive Leadership Team will implement the following precautions to protect its clients:

- Recertification deadlines will be extended
- Closure of Section 8 lobby; clients should email or call
- Suspension of Inspections
- Suspension of Terminations
- Suspension of Voucher issuance for current and new clients
- Suspension of Moves and Portabilities
- Landlord payments will continue to be processed but delays may occur

Clients are encouraged to call SAHA's Client Hotline at **210.477.6999** for the latest information, visit SAHA's website at **[saha.org /coronavirus](https://saha.org/coronavirus)** , or follow SAHA's Facebook and Twitter accounts.

Housing Authority of Bexar County: For both Section 8 and Public Housing:

Updated 4/7/2020

Effective Monday, March 16, and until further notice, HABC will implement the following precautions to protect its residents:

- Recertification deadlines will be extended
- Closure of Section 8 lobby; clients should email or call
- Suspension of inspections
- Suspension of terminations
- Suspension of voucher issuance for current and new clients
- Suspension of moves and portabilities
- Landlord payments will continue to be processed but delays may occur

Residents are encouraged to call HABC Hotline at 210-231-2043 or for the latest information, visit HABC's website at www.habctx.org/about-us/coronavirus.

Eviction Court: Bexar County - Bexar County suspended evictions on March 23rd for 30 days. Get more information about Judge Nelson Wolff's Executive Order NW-03

Rental Assistance: The Salvation Army assists individuals and families who are struggling to pay their rent. We are often able to assist those facing eviction. 210-352-2046 or 910 N. Flores, San Antonio, TX 78212

SAMMinistries - Offers rental assistance, utility support and long-term housing assistance.

<https://www.samm.org/get-help/>

Fair Housing and Emergency Assistance - Effective March 18, 2020, the City's Fair Housing Division is accepting emergency rent and mortgage assistance referrals.

<https://www.sanantonio.gov/NHSD/Programs/FairHousing>

Request for Utility Assistance - This program assists with utility assistance for CPS Energy and assists with an Affordability Discount Program Application. Seniors, families with young children, individuals with disabilities, and individuals using critical medical care equipment are eligible to apply.

<https://dhs.mendixcloud.com/>

Drury Hotels- For a limited time, room rates start at \$59 + tax – Use Corporate Code “HEALTH” see attached brochure for additional information.

KERR COUNTY INFORMATION:

Kerr County Hotline for Food Relief: Hotline open Monday through Friday, 9AM- 3PM, (830)258-1234

Kerrville City Joint Emergency Operation Hotline: General questions 830-896-4200

<http://www.co.kerr.tx.us/covid-19/index.html>

KIDS

Updated 4/7/2020

Texas Youth Hotline – (800) 989-6884 | Prevention services to youth, parents, siblings and other family members by trained volunteers on call to provide guidance on youth-related concerns, referral information or simply listen.

NPR Goats and Sodas – A comic exploring the new Coronavirus, based on a NPR radio story.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

PBSKids – How to talk to your kids about Coronavirus. <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

PreK-Kindergarten-

Scholastic Learn At Home – PreK-K – Day-by-day projects to keep kids reading, thinking, and growing. <https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>

PBS Kids Lab – Programs, games, at-home activities, videos, reading and more.

<https://why.pbslearningmedia.org/collection/pbs-kids-lab/#.XotMlKhKjIU>

Kindergarten – 5th Grade

Zearn – K-5 curriculum, including 400 hours of digital lessons with on-screen teachers and supportive remediation. <https://about.zearn.org/distance-learning>

Khan Academy – Free educational resources, including daily (weekdays) live streams on Facebook, YouTube and Twitter for students and parents navigating school closures.

<https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures->

Prodigy – The free, engaging, curriculum-aligned math platform for grades 1st-8th.

<https://www.prodigygame.com/>

Mystery Science – A list of popular science lessons for anyone to use for free. No account or login is needed. <https://mysteryscience.com/school-closure-planning>

Smithsonian and Smithsonian Learning Lab – Free, online resources and activities for learners.

<https://www.si.edu/kids>

BrainPOP and BrainPOP Jr. – Free access to all BrainPOP products for 30 days or as long as schools are closed. <https://www.brainpop.com/>

Apps: Caribu- Virtual playdate with friends, functions like FaceTime but allows for on-screen activities, including reading books together, cooperative drawing, and playing games. FREE until further notice

Kinedu-Toddler or preschooler early learning skills app. Kinedu helps parents generate daily activity plans, offers tips, and host more than 450 articles about early childhood development. The service is currently free through April 15.

Updated 4/7/2020

Time for Kids- Time is launching their Time For Kids digital library free for the rest of the 2020 school year. Included in the digital library are worksheets, teaching tools, and quizzes for both educators and family members.

MENTAL HEALTH:

Texas Health and Human Services- Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic now have a new statewide support line available 24/7- (833)986-1919

Crisis Text Line- Confidential, 24/7 support for anxiety, text “HOME” to 741741

Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

Free, confidential 24/7 support for people in distress, prevention and crisis resources for oneself and others
Suicide Prevention Lifeline: 1-800-273-TALK

The Center for Health Care Services – (210) 223-7233 | 24-hour crisis and substance use helpline.

The Rape Crisis Center – (210) 349-7273 | Free and confidential support 24/7 to anyone impacted by sexual violence.

Endeavors, Steven A. Cohen Military Family Clinics Telehealth offers face-to-face video therapy that addresses everything from depression, and anxiety, to post-traumatic stress, sleep problems, adolescent behavioral issues, relationship and family stress, and more. Telehealth is confidential and highly effective. For more information about Telehealth services, call 833-286-8387 or check out our website
<https://www.endeavors.org/programs/onlinetherapy/>

Rise Recovery – (210) 227- 2634 | Peer to peer virtual/telephonic support to individuals experiencing substance abuse in home.

Substance Abuse and Mental Health Services Administration Federal hotline offering referrals to local treatment and support services.

Narcotics Anonymous Meetings worldwide for people struggling with drugs. Directory of online meetings, using Zoom, Skype and other platforms.

SMART Recovery Abstinence-based international organization that uses a cognitive behavioral therapy tool kit. Has a directory of online meetings.

AA-Alcoholics Anonymous The worldwide 12-step abstinence program has extensive online resources.

Updated 4/7/2020

Recovery Dharma This organization uses Buddhist practices and principles to support individuals in recovery. Directory of daily online meditations and meetings.

Women for Sobriety Dedicated to helping women recover from substance use disorders, with online gatherings.

LifeRing Organization focusing on practical, secular support, with online meetings.

Moderation Management For people seeking to moderate their drinking and not necessarily abstain, this growing group has an international network of online meetings.

Cocaine Anonymous Online International group offering online support through email and voice-only conference calls.

In the Rooms Clearinghouse of 30 online meetings offering supports with a variety of approaches to different substance use disorders.

Free Apps

There are [many free apps](#) available. Here are just a few:

Connections Evidence-based, multipurpose app to help track sobriety and connect with supportive peers and Addiction Policy Forum counselors.

I Am Sober Popular, well-regarded app for planning and maintaining recovery.

SoberGrid Large online sober-support community and peer counseling.

For Those Who Support People in Recovery

Nar-Anon Global support network for those affected by someone else's addiction. [Live chat](#) and [forum available](#).

Al-Anon Using a 12-step focus, this organization offers [online](#) and [phone meetings](#) for those whose friends and relatives struggle with alcohol use disorder, among other substances.

Families Anonymous Offers online 12-step meetings for family and friends with a loved one struggling with drugs, alcohol and related behavioral problems.

SMART Recovery Friends and Family This secular, cognitive behavioral-based program offers online meetings for families and friends of someone recovering from substance abuse.

For employees:

<https://www.ptsd.va.gov/covid/COVID19ManagingStressHCW032020.pdf>

<https://www.ptsd.va.gov/covid/COVID19ForProviders032020.pdf>

Updated 4/7/2020

<https://vaww.insider.va.gov/myva-internal-communications/>

For employees and Veterans:

<https://www.ptsd.va.gov/covid/COVID19ManagingStress032020.pdf>

https://www.prevention.va.gov/docs/NCP_ManageStreeWkBk_F_EditedJune102019.pdf

[Mental Health and Coping During COVID-19](#)

<https://www.va.gov/WHOLEHEALTH/circle-of-health/power-of-the-mind.asp>

https://www.prevention.va.gov/Healthy_Living/Manage_Stress.asp

<https://www.mirecc.va.gov/visn16/relaxation-manuals.asp>

For Veterans:

<https://www.mirecc.va.gov/visn16/veteran-wellness-guide.asp>

Veterans Crisis Line- 1-800-273-8255, press option 1.

Self Care

- [How to be Kinder to Yourself](#)
- [How to Clear Your Head](#)
- [Staying Close While Self-Distancing](#)

MINDFULNESS - MEDITATION

- [Awaken to Life Mindfulness Meditation](#)
- [Clear Mind Present Moment - Guided Meditation](#)
- [Higher Self-Guided Meditation](#)

MINDFULNESS / MEDITATION FOR KIDS

- [Meditation for Kids](#)
- [Mindful Breathing for Kids](#)
- [Sleep Meditation for Kids](#)

PUBLIC TRANSPORTATION:

The San Antonio VIA system has suspended all fares for all VIA fixed route bus service, VIAtrans trips, and VIA Link on demand services from 3/21/2020-4/1/2020 at 1am.

<https://www.viainfo.net/covid-19/>

SAN ANTONIO INFORMATION:

Metro Health

<https://www.sanantonio.gov/health/news/alerts/coronavirus>

Hotline

The San Antonio Metropolitan Health District has opened a [COVID-19 hotline](#) for residents to ask questions about the virus. The hotline is available in English and Spanish. Residents can call 210.207.5779. Hours of operation are Monday - Friday 8:00 am – 7:00 pm and Saturday & Sunday 9:30 am - 4:30 pm. Email questions to COVID-19@sanantonio.gov

SCHOOL CLOSURES: Contact your school to determine status of closures. Below is information as of 3/17/2020 about school districts in the STVHCS service area. Many sites are updating regularly with regards to COVID impact including food resources as well as educational resources while students are out of school:

Alamo Heights Independent School District: <http://www.ahisd.net>
Bandera Independent School District: <https://www.banderaisd.net/>
Basis K-5: <https://www.basised.com/san-antonio-primary-medical-center/>
Basis 6-12: <https://www.basised.com/san-antonio-shavano/>
Beeville Independent School District: <https://www.beevilleisd.net/>
Boerne Independent School District: <https://www.boerneisd.net/>
Comal Independent School District: <https://www.comalisd.org/>
East Central Independent School District: <https://www.ecisd.net/>
Edgewood Independent School District: <http://www.eisd.net/>
Fort Sam Houston Independent School District: <https://www.fshisd.net/>
Harlandale Independent School District: <http://www.harlandale.net/>
IDEA Public Schools: <https://ideapublicschools.org/regions/san-antonio/>
Judson Independent School District: <https://www.judsonisd.org/>
Kerrville Independent School District: <https://www.kerrvilleisd.net/>
KIPP Texas-San Antonio: <https://kipptexas.org/our-schools/san-antonio/>
Lackland Independent School District: <https://www.lacklandisd.net/>
La Vernia Independent School District: <https://www.lvisd.org/>
Medina Valley Independent School District: <https://www.mvisd.com/>
New Braunfels Independent School District: <http://www.nbisd.org/>
North East Independent School District: <https://www.neisd.net/>
Northside Independent School District: <https://www.nisd.net/>
Pleasanton Independent School District: <https://www.pisd.us/>
Randolph Field Independent School District: <https://www.rfisd.net/>
San Antonio Independent School District: <https://www.saisd.net/>
Schertz-Cibolo-Universal City Independent School District: <https://www.scuc.txed.net/>
Somerset Independent School District: <https://sisdk12.edlioschool.com/>
South San Antonio Independent School District: <https://www.southsanisd.net/>
Southside Independent School District: <https://southsideisd.org/>
Southwest Independent School District: <http://www.swisd.net/>
Victoria Independent School District: <https://www.visd.net/>

SENIORS

Alamo Service Connection / Senior Services - 210.477.3275

TALKING WITH YOUR CHILDREN ABOUT COVID: Provides information about how to help your family cope during the outbreak

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf

UTILITIES:

UTILITIES

CPS - CPS Energy announced on March 11, 2020, they will suspend energy disconnects for their customers in support of a request by Mayor Ron Nirenberg and the San Antonio City Council. CPS Energy will continue to follow the guidance of the Mayor and City Council as they're leading our city through this pandemic.

SAWS - San Antonio Water System is temporarily halting disconnections due to non-payment. Service interruptions will resume at a later date, as SAWS continues to work with Mayor Ron Nirenberg and the City Council.

AT&T - Waiving all home internet data overage fees for current customers. Offering two months of free service to new customers who order access by April 30, 2020. \$5/mo or \$10/mo thereafter, depending speed. Expanding eligibility based on income to households participating in National School Lunch Program/Head Start.

Free Wi-Fi There is free Wi-Fi at several City of San Antonio parks. Citizens can bring their laptops and other electronic devices to the park to research, apply for jobs and browse the internet. Students also have the opportunity to complete homework, check college blackboards for assignments, and connect with friends and family via social media. Note: Community Centers are not open to the public.

Spectrum Free Wi-Fi Spectrum offers free access to broadband and Wi-Fi for 60 Days for students K-12 and College Households.

EveryoneOn- Updates to low-cost internet services offers in Response to COVID-19

<https://www.everyoneon.org/find-offers>

San Antonio Water and CPS Energy to suspend any disconnects during COVID emergency.

<https://news4sanantonio.com/news/local/saws-will-not-cut-off-your-water-during-coronavirus-outbreak>

<https://newsroom.cpsenergy.com/march-11-2020-statement-from-cps-energy-update-regarding-covid-19/>

VICTORIA INFORMATION:

<https://www.victoriatx.org/departments/communications-office/emergency-information/coronavirus-covid-19>

https://www.victoriaadvocate.com/news/health/list-of-coronavirus-related-cancellations-in-crossroads/article_faf7720e-62d4-11ea-b4b2-0316ad6df93a.html